

# NCLEX Nutrition Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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**SAMPLE**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. Why is blood glucose monitored for a patient receiving total parenteral nutrition (TPN)?**
  - A. To diagnose potential diabetes.**
  - B. To assess the effectiveness of nutrition intervention.**
  - C. To manage the dosage of antibiotics.**
  - D. To prevent dehydration during TPN.**
- 2. Which of the following situations indicates the need for parenteral nutrition?**
  - A. Client prefers liquid diets**
  - B. Client's GI tract is functioning poorly**
  - C. Client is undergoing elective surgery**
  - D. Client prefers three meals a day**
- 3. What factors are known to increase the risk of chronic kidney disease?**
  - A. Aging**
  - B. Genetics**
  - C. Stress Levels**
  - D. Access to Healthcare**
- 4. Which nutrient is most critical for a patient recovering from a serious illness?**
  - A. Carbohydrates**
  - B. Vitamins**
  - C. Protein**
  - D. Fats**
- 5. When is a low sodium diet particularly important?**
  - A. In patients with diabetes**
  - B. In patients with hypertension**
  - C. In patients with high cholesterol**
  - D. In patients with kidney stones**

- 6. Which vitamin is essential in preventing neural tube defects during pregnancy?**
- A. Vitamin A**
  - B. Vitamin C**
  - C. Vitamin D**
  - D. Folic acid**
- 7. Which food item is best for a patient with lactose intolerance?**
- A. Full-fat milk**
  - B. Shrimp**
  - C. Ice cream**
  - D. Yogurt with live cultures**
- 8. Which nutrient is particularly important in a vegan diet to prevent deficiency?**
- A. Vitamin B12**
  - B. Calcium**
  - C. Zinc**
  - D. Iron**
- 9. Which of the following is not considered a gastrointestinal complication?**
- A. Nausea**
  - B. Electrolyte imbalances**
  - C. Cramping**
  - D. Dumping syndrome**
- 10. What type of feeding route is used in the administration of parenteral nutrition when the GI tract cannot be used?**
- A. Enteral feeding**
  - B. Oral feeding**
  - C. Parenteral feeding**
  - D. Nasogastric feeding**

## **Answers**

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1. A
2. B
3. B
4. C
5. B
6. D
7. D
8. A
9. B
10. C

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## **Explanations**

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**1. Why is blood glucose monitored for a patient receiving total parenteral nutrition (TPN)?**

- A. To diagnose potential diabetes.**
- B. To assess the effectiveness of nutrition intervention.**
- C. To manage the dosage of antibiotics.**
- D. To prevent dehydration during TPN.**

Monitoring blood glucose for a patient receiving total parenteral nutrition (TPN) is primarily crucial because TPN solutions are rich in carbohydrates, which can lead to hyperglycemia if not properly managed. The primary rationale behind this practice is focused on ensuring that blood glucose levels remain within a normal range to avoid complications such as diabetes or hyperglycemic emergencies during TPN administration. While blood glucose monitoring can help identify potential diabetes, this is not its primary purpose when associated with TPN. Instead, the key aspect is to manage the patient's overall nutritional status. Monitoring allows healthcare providers to assess how well the nutritional needs are being met and make necessary adjustments to the TPN formulation, including insulin if required. This careful monitoring helps ensure that the nutritional goals are achieved without putting the patient at risk for elevated glucose levels, which can have severe implications for their health. Therefore, the emphasis on managing blood glucose levels in patients receiving TPN is directly tied to the composition of TPN solutions and the potential for related metabolic complications, rather than solely for the diagnosis of diabetes or for managing antibiotic dosages or dehydration.

**2. Which of the following situations indicates the need for parenteral nutrition?**

- A. Client prefers liquid diets**
- B. Client's GI tract is functioning poorly**
- C. Client is undergoing elective surgery**
- D. Client prefers three meals a day**

Parenteral nutrition is indicated when the gastrointestinal (GI) tract is not functioning adequately to absorb nutrients. This can occur in various situations such as bowel obstructions, severe pancreatitis, or inflammatory bowel diseases, where the body cannot adequately digest or absorb food. In such cases, nutrient delivery directly into the bloodstream is essential to meet the client's nutritional needs and support recovery. Choosing parenteral nutrition allows for the provision of all necessary macronutrients and micronutrients, bypassing the digestive system entirely. This is crucial in scenarios where oral intake or enteral nutrition (nutrition delivered through the GI tract) isn't feasible or safe. Thus, when the GI tract is compromised, parenteral nutrition becomes necessary to sustain the patient's nutritional status. The other options present scenarios that do not warrant parenteral nutrition. Liquid diets can be appropriate for those who can still utilize their GI tract; elective surgery does not automatically require parenteral nutrition unless complications arise; and preference for three meals a day is generally a matter of dietary choice rather than a medical need.

**3. What factors are known to increase the risk of chronic kidney disease?**

- A. Aging**
- B. Genetics**
- C. Stress Levels**
- D. Access to Healthcare**

Genetics plays a significant role in the risk of developing chronic kidney disease (CKD). Certain genetic predispositions can increase an individual's likelihood of kidney dysfunction, emphasizing the importance of family history in assessing risk. For example, conditions such as polycystic kidney disease are hereditary and can lead to CKD. Individuals with a family history of kidney disease may be assessed more closely for kidney function and renal health. Understanding the genetic underpinnings allows healthcare providers to identify at-risk individuals earlier, leading to proactive management strategies to mitigate the progression of kidney dysfunction. Both environmental factors and lifestyle choices interact with genetic predispositions, but the presence of specific genetic markers is a crucial factor in determining an individual's risk of CKD.

**4. Which nutrient is most critical for a patient recovering from a serious illness?**

- A. Carbohydrates**
- B. Vitamins**
- C. Protein**
- D. Fats**

Protein is the most critical nutrient for a patient recovering from a serious illness due to its pivotal role in tissue repair and immune function. During recovery, the body requires increased protein intake to facilitate the healing of damaged tissues and to support the synthesis of new cells. Protein also plays a vital part in the production of antibodies and other immune system components, which are essential for combating infections and promoting overall recovery. In addition to these roles, protein helps maintain muscle mass, which can be particularly important after an illness that may lead to muscle wasting. The presence of adequate protein in the diet can also help prevent complications such as delayed wound healing and malnutrition. While carbohydrates, vitamins, and fats are all important for overall health and can contribute to recovery, they do not have the same critical role in the direct healing processes as protein does. Carbohydrates provide energy, vitamins support various bodily functions, and fats are important for overall health and hormone production, but none of these nutrients directly contribute to tissue regeneration and immune defense as effectively as protein.

**5. When is a low sodium diet particularly important?**

- A. In patients with diabetes**
- B. In patients with hypertension**
- C. In patients with high cholesterol**
- D. In patients with kidney stones**

A low sodium diet is particularly important for patients with hypertension, or high blood pressure, as excessive sodium intake can lead to fluid retention and an increase in blood volume, both of which can exacerbate hypertension. This dietary adjustment is often part of a comprehensive treatment plan aimed at lowering blood pressure and reducing the risk of cardiovascular diseases, stroke, and other health complications associated with high blood pressure. While managing diabetes, high cholesterol, or kidney stones may also involve dietary modifications, the direct relationship between sodium intake and blood pressure makes a low sodium diet especially crucial for individuals with hypertension. For instance, diabetics can manage their condition through carbohydrate control, those with high cholesterol might focus on reducing saturated fats, and individuals at risk for kidney stones often adjust their calcium and oxalate intake. However, in the context of hypertension, the compelling evidence linking high sodium intake to elevated blood pressure underscores the significance of adhering to a low sodium diet for these patients.

**6. Which vitamin is essential in preventing neural tube defects during pregnancy?**

- A. Vitamin A**
- B. Vitamin C**
- C. Vitamin D**
- D. Folic acid**

Folic acid, also known as vitamin B9, plays a crucial role in the proper development of the neural tube during the early stages of pregnancy. Adequate folic acid intake is essential for DNA synthesis, repair, and methylation, all of which are vital processes during cell division and growth. Neural tube defects, such as spina bifida and anencephaly, can occur if there is insufficient folic acid during the first few weeks of pregnancy when the neural tube is forming. This is why pregnant individuals are often advised to take folic acid supplements in addition to consuming foods rich in this vitamin, such as leafy greens, beans, and fortified cereals. By doing so, they increase the likelihood of healthy neural tube closure and reduce the risk of these serious congenital anomalies.

**7. Which food item is best for a patient with lactose intolerance?**

- A. Full-fat milk**
- B. Shrimp**
- C. Ice cream**
- D. Yogurt with live cultures**

Yogurt with live cultures is the best food item for a patient with lactose intolerance because it contains probiotics, which can help break down lactose. These beneficial bacteria make yogurt easier to digest for those who are lactose intolerant. Furthermore, many people with lactose intolerance can tolerate yogurt better than other dairy products due to the fermentation process, which reduces the lactose content. In contrast, full-fat milk and ice cream contain high levels of lactose, making them difficult for someone with lactose intolerance to digest. While shrimp is a safe choice in terms of lactose content, it does not provide the beneficial gut bacteria that yogurt does. Therefore, choosing yogurt with live cultures is not only suitable for lactose-intolerant individuals but also offers additional digestive health benefits.

**8. Which nutrient is particularly important in a vegan diet to prevent deficiency?**

- A. Vitamin B12**
- B. Calcium**
- C. Zinc**
- D. Iron**

Vitamin B12 is a crucial nutrient in a vegan diet because it is primarily found in animal products. Vegans, who abstain from all animal-derived foods, are at a higher risk for deficiency in this vitamin. Vitamin B12 is essential for the formation of red blood cells, neurological function, and DNA synthesis. Without adequate intake, deficiency can lead to anemia, neurological issues, and other health complications. While calcium, zinc, and iron are also important nutrients, they can often be obtained from plant sources, including fortified foods, leafy greens, nuts, seeds, and legumes. However, the absorption of iron from plant sources is less efficient than from animal sources, and obtaining adequate levels of calcium from vegan sources can require careful dietary planning. Nonetheless, the unique challenge posed by the absence of vitamin B12 in a vegan diet makes it particularly vital to focus on this nutrient to prevent deficiency. Regular monitoring and possibly supplementation are often recommended for individuals following a vegan lifestyle.

**9. Which of the following is not considered a gastrointestinal complication?**

- A. Nausea
- B. Electrolyte imbalances**
- C. Cramping
- D. Dumping syndrome

Electrolyte imbalances are not classified as gastrointestinal complications because they arise from broader physiological or metabolic disturbances rather than from direct issues within the gastrointestinal tract itself. Gastrointestinal complications typically involve symptoms or syndromes that directly affect the digestive system, such as nausea, cramping, and dumping syndrome. Nausea is a subjective sensation of unease that can result from various digestive problems, indicating a disturbance in the gastrointestinal function. Cramping often signifies irritability or spasm within the gastrointestinal tract, leading to discomfort and interruption of normal digestive processes. Dumping syndrome is a specific condition that occurs after surgery on the stomach or other gastrointestinal alterations, where food moves too quickly from the stomach to the small intestine, causing various symptoms. While electrolyte imbalances can occur as a result of gastrointestinal complications—such as prolonged vomiting or diarrhea—they themselves do not originate in the gastrointestinal tract, making them a metabolic issue rather than a direct complication of the gastrointestinal system.

**10. What type of feeding route is used in the administration of parenteral nutrition when the GI tract cannot be used?**

- A. Enteral feeding
- B. Oral feeding
- C. Parenteral feeding**
- D. Nasogastric feeding

Parenteral feeding is the correct answer because it refers to the delivery of nutrients directly into the bloodstream, bypassing the gastrointestinal (GI) tract entirely. This method is essential for patients who are unable to use their GI tract due to conditions such as severe gastrointestinal disorders, surgeries, or other medical issues that prevent normal digestion and absorption of nutrients. Parenteral nutrition provides all the necessary macronutrients and micronutrients through an intravenous solution, ensuring that the patient receives the required nutrition for growth, healing, and recovery, even when oral or enteral routes are not an option. This is particularly crucial in maintaining nutritional status in critically ill patients or those with malabsorption syndromes. In contrast, enteral feeding involves delivering nutrients directly to the GI tract, oral feeding utilizes the mouth for nutrition intake, and nasogastric feeding also relies on the GI tract, as it delivers food via a tube inserted through the nose into the stomach. Therefore, these options do not address situations where the GI tract cannot be utilized, making parenteral feeding the appropriate choice.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nclexnutrition.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**